Beef Slider with Peach Jerk Salsa

served with Broccoli with Onions and Garlic, and a Peanut Butter and Banana Roll-Up

Created by Shelbi Johnson from Los Angeles, CA

THIS DISH IS PART OF A MEAL THAT MEETS TARGET 3 SODIUM LEVELS

THIS DISH FEATURES WHOLE GRAIN TORTILLAS!
Directions

2. Add lime juice, peaches, red bell pepper and Jerk seasoning to the saucepan.
3. Simmer on low until the peaches have thickened to a jammy consistency.
4. Meanwhile, heat the hamburger patties according to package directions.
5. To assemble the slider, place each beef patty on a bottom bun. Top each with ¼ of the peach salsa, then put the top part of each bun in place.
6. Serve and enjoy!

Ingredients

- 1 tablespoon oil
- ¼ cup diced yellow onion
- 2 tablespoons lime juice
- 1 cup diced canned peaches in juice, not syrup
- 1 cup diced sweet red bell pepper
- 1 teaspoon Caribbean jerk seasoning
- 4 frozen, fully-cooked beef hamburger patties, thawed
- 4 whole grain hamburger buns
**Broccoli with Onions and Garlic**

*Prep Time: 10 min  Total Time: 20 min  Serves: 4*

**Ingredients**
- 1 teaspoon oil
- 2 tablespoons diced yellow onion
- 1 teaspoon chopped raw garlic
- 2 cups fresh broccoli florets

**Directions**

1. Heat oil in a large skillet over medium heat. Add onions and cook just until softened. Add garlic and cook just until fragrant.

2. Add broccoli florets to the skillet. Toss and cook just until broccoli is tender but still crisp.

3. Serve and enjoy!
Peanut Butter and Banana Roll-Up

**Prep Time:** 2 min  
**Total Time:** 10 min  
**Serves:** 4

**Ingredients**
- 4 6-inch whole grain tortillas
- 4 tablespoons of creamy peanut butter
- 4 bananas

**Directions**
1. Spread 1 tablespoon of peanut butter on each tortilla.
2. Place a peeled banana on each tortilla and roll the tortilla up.
3. Serve and enjoy!